FEB 1982

Carmel Valley Sun

February 1982

Free Free Free Free

Silent Auction Upcoming

Bargains, food and fun will make attending the Carmel Valley Community Youth Center's Annual Auction d'Elegance worthwhile.

The Auction will be held March 20, 7-10 p.m. at Hidden Valley Music Seminars. A light buffet and champagne are included in the $7.50 admission charge.

Special features are planned for this year's auction. Tickets are available from board members for a raffle of a cord of oak fire wood. There will also be live auction bidding on a limited number of items.

Items for the auction are solicited from various businesses on the Peninsula. The auction proceeds provide annual funds for maintaining the Community Youth Center and its programs. Last year's auction provided funds that were used on a Summer Recreation Program for 5-11 year olds, and movies and dances for teenagers. It also provided a small portion of the funds needed for major pool repairs.

Snow from the January 20 storm covered the mountains surrounding the Village.

New Little League Field Nears Completion

The long list of contributions to the Carmel Valley Little League field was increased by the drilling of a well on February 3.

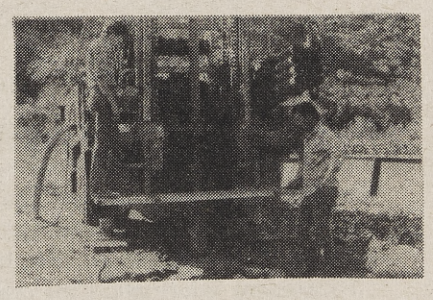
Walter Miller of Carmel Valley Drilling Co., donated the labor and his drilling rig for the well. The materials were donated by Kurz Instruments. The well is approximately 100' deep with an average installation cost of $18 per foot plus materials.

The well was installed to alleviate the high cost of watering the Little League Park. Water bills ranged to $1200 per year for one field; there are now two fields and a picnic area. "The well should cut expenses down and we can maintain both fields and the picnic area," stated Jim Shakal, who is one of the forces behind the construction of the second field.

Combined efforts of those involved in Little League have brought the second field near completion after three years. The new field is for kids who are over Little League's 12 year age limit; that includes the adults who like to play softball as well.

Others who have contributed equipment or materials are: Azevedo Brothers, Carmel Valley Ranch, Conlon Electric, Gardiner's Tennis Ranch, Walter Lauritzen, Murphy's Lumber Co., Russ Murray, Gary Paddock, The Running Iron, WPW Enterprises, and Phil Wright. All the labor has been donated by local people.

The field work does not include support received from various team sponsors.



Walter Miller and his assistant (on truck) drilled the new well for the Little League field.

Carmel River Important To Carmel Bay Beaches

Information presented at the Carmel River Watch (CREW) meeting held Feb. 4 at Carmelo School pointed out the need for further studies before making changes on the Carmel River.

Proposals like a concrete channel or dam could affect the Carmel River as a sand transport and drastically affect the Carmel Bay Beaches.

Valley resident, Lucy Smithson reported to CREW members that fine sands transported by the river is what the Carmel River State Beach and Carmel City Beach are made of. This is a unique relationship because that is the only way these beaches are replenished.

"Beaches," explained Smithson, "are a recurrent phenomenon." Big waves of winter take chunks of beach sand and drop it off shore. The smaller summer waves put it back little by little. This circular motion does not happen in Carmel Bay because of a large submarine canyon. Studies show there are no foreign sands on Carmel beaches; they are made up entirely of geological sands of Carmel Valley. That indicates the Carmel Bay beaches are made up only of the fine sands transported by the river that float and don't get dropped into the canyon.

"If the Carmel River did not run full and strong," stated Ms. Smithson, "slowly but surely, Carmel City Beach would be eaten away."

The information presented is based on oceanographic theses prepared by Naval Post Graduate School students. The Carmel and Monterey Bays are common topics for thesis studies.

Ms. Smithson's background is as a research chemist. Her research required a certain amount of Geological and Oceanography training. Her knowledge was not gained on a formal basis but it was put to formal results.

Ms. Smithson will present her findings and the movie, "River of Sand", to any interested organizations.

CLUBS

Carmelo students were thrilled with the "Flag Day" presentation by the Carmel Rancho Lions.

"It's A Grand Old Flag"

Tiny flags waved through the Carmelo and Tularcitos classrooms after a presentation by the Carmelo Rancho Lions Club.

A delightful lecture, geared to the youngsters, explained the history of the U.S. Flag. Each student received a small flag.

The flags are an annual presentation for the Lions Club "Flag Day." The purpose is to inform Kindergarten through third graders the meaning of the flag.

The presentation was made February 11. Garry Anolff, Lewis Harbin, and Ralph Marrow made the presentation at Tularcitos School. Ron Wight, Harley Wood and Milt Hardisty were at Carmelo.

The Carmelo students were so thrilled they marched out of the assembly singing "Yankee Doodle."

•

Kiwanis Lead The Field

Two teams represented Carmel Valley at the Monterey Peninsula Youth Project Run-a-thon, January 30; and one came out the big winner of the day.

The winning team sponsored by Jerry Kurz was made up of Kiwanis members A. J. Stotler, Dick Scammon, Bob Brandt and Jim Crowley. The Key Club—a Kiwanis sponsored school organization—made up the balance of the team with Paul McDonald, Joe Bryant, Clara Mizuna, T. J. Cain, Elliot Underhill and Nora McKenna.

Randy Randazzo, of Carmel Valley Market, sponsored the other Valley team consisting of Otto and Shirley Hubner, Web Buckham, Dr. John Von Berg, Bill and Claire Reardon, their son-in-law, daughter, and two granddaughters. (We won't mention where they placed, but at least it wasn't last.) The day's events began with brunch at 10:30 a.m. A fashion show at 1 p.m. had Randy Randazzo, Bob Brandt and Dick Scammon modeling men's sportswear. Supervisor William Peters assisted in the outfit narratives.

The race, a baton relay, began at 2 p.m. Other teams included members of the County Board of Supervisors and Seaside Schools.

Participants had the choice of walking, running, or whatever but the competition was so high everyone ran his portion of the track.

Everyone who particpated received a trophy.

Proceeds went to benefit the Monterey Peninsula Youth Project.

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Let It Snow, Let It Snow, Let It Snow

The previous week's snow in the Valley offered the theme for St. Dunstan's Benefit Bridge and Canasta Club January 27 gathering at the home of Kathryn Walker.

The hostess, Ms. Walker, and co-hostesses; Carlyle Mothersill, Gay Brownrigg and Byra Wells; had snowmen on the tally sheets, white cakes covered with coconut and sleigh center pieces filled with fluffy cotton snow.

The first prize in Bridge went to Gene Fairchild; second to Dorothe De Smither. Canasta winners were Loris Meadows, first, and Ann Werdelman, second.

Billikin key rings—an ivory good luck charm from Sitka, Alaska—were the table prizes which went to Gene Fairchild, Gay Brownrig, Carlyle Mothersill, Dorothe De Smither, Jane Sassard, Edith Del Monte, Byra Wells, Vera Bouty, Barbara Anastasia, Bena Tarazzi and Loris Meadows.

Seven tables of Bridge and four of Canasta were set up. Forty-four ladies attended. Proceeds from the event go to St. Dunstan's Episcopal Church.

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Who Will Be The Winner?

Who will be the winners in the raffle sponsored by the Tularcitos Parent Club will be decided on March 6, 5 p.m. at the Trail and Saddle Club.

The grand prize in the drawing is seven days in a Maui condominium. The trip includes transportation. Other items donated for the raffle are shampoo, cut and set from Carmel Valley Hair Center; Dinners from Los Laureles Lodge, The Running Iron, Fox Hill, and Robles Del Rio Lodge. More donations are expected.

Raffle tickets are available from students and Parent Club Members for $1.00. Proceeds will be used for assemblies, field trips and equipment—items cut from the school's budget.

Students have had a chance to win prizes for raffle ticket sales. Each Friday a drawing is held for students selling at least ten tickets. Prizes donated for the students so far are from Chuck E. Cheese Pizza Theatre in Salinas; Toys Etc., Del Monte Shopping Center; and Thinker Toys in Carmel. The weekly drawings will continue until the raffle.

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Looking At Country

The Hacienda Carmel will be the Women's Club meeting place, March 3 at 12 noon.

Boronda 4-H members will be on hand to acquaint the ladies with various club projects. "International Fondue Fun" will be presented by Joey and Suzanne Suwada. "What's on File," Karie Wolter's presentation, is about decopage.

A western style luncheon is planned. Many ladies are expected to be in western dress.

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Garden Club

The Garden Club meeting scheduled March 11, 8 p.m. at Hidden Valley Music Seminars will offer two speakers.

Dr. Ernie Marshall will offer tips on garden preparation for Spring. Dr. Marshall has a Ph.D. in Agriculture. (See the Carmel Valley Gardener column.)

To present information on drip irrigation will be John Ainsworth, Brinton's Garden Dept. His talk will include what are the benefits; what makes them work; how they should work.

Hostesses for the evening are Mary Jernegan, Betsy Shea, and Frances Sweeney.

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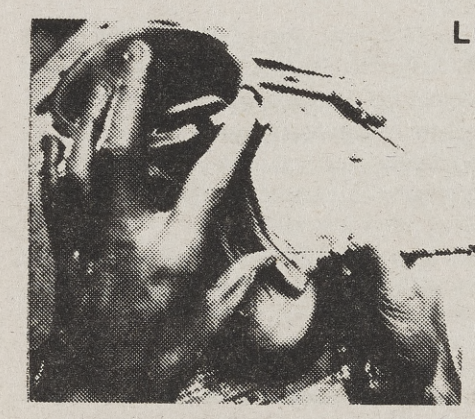

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The Carmel Valley Gardener

by Dr. Ernie Marshall*

***Dr. Marshall received his PhD in Agriculture from Cornell University of Ithaca, New York in 1951. He has been involved in worldwide agriculture since that time and has lived in Carmel Valley since 1972.**

Spring is coming to Carmel Valley and if you react as I do, the first signs of Spring—Scotch broom and daffodils—re-kindle the gardening urge in me. I want to give up the TV with its ballgames and soap operas and get out into the yard and get my hands dirty.

The desire for beautiful flowers and the increasing cost of vegetables makes the home garden ever more and more important to all of us. This, plus the fact that Carmel Valley is one of the truly ideal spots to garden makes it almost imperative that anyone with a piece of suitable ground get into the act. So if you have a decent place to turn over a little soil, don't miss the chance to raise your favorite flowers, fruits and vegetables.

To be successful however, you must be able to control a few of the more serious pests of almost any Carmel Valley garden. The time to start thinking about pest control is before you plant your garden, rather than after it is too late. Early pest control is always the best. After 10 years of Carmel Valley gardening the most serious pests in my opinion, in order of importance are: gophers, snails, weeds, plant diseases and insects.

So let's start with the number one pest—let's talk about gophers, probably the most serious and gregarious pest of plants in Carmel Valley. Gophers can demolish a vegetable garden, ruin a flowerbed, kill an orchard, destroy ornamentals and even gnaw through plastic water pipes.

How can we control gophers? The list of potential and rumored control measures is long—repellent plants, windmills on eccentric shafts, ground thumpers, music, exhaust fumes, traps and poison. I'm sure I've missed a few and perhaps you have your own pet method. But, I have tried all of these and only two will work to any degree and then only sometimes.

Daffodils and garlic are rumored to be repellent to gophers—they aren't, I've tried them. *Windmills on posts stuck into the soil with eccentric shafts to vibrate and ground thumpers will work only over a radius of 5-6 feet. Music in the garden at night* only makes the gopher hungrier and the neighbors angrier.

Exhaust fumes for a car or a garden tractor will travel down the burrow a few feet and stop at the first obstruction—often put up by the gopher as he backfills.

Poison will work if it is the correct type and is placed correctly. Strychnine bait is best **but** you must be careful to cover the hole well to prevent birds or other animals from eating the bait. If the gophers come out of the burrow to die or a dog or other animal digs up the dead carcass they could get poisoned from eating the body.

So what does this leave for the desperate gardener — traps. Probably the best trap is the Macabee trap. With this and a little experience you can become really expert at catching the pesky rascals. My greatest success with gopher eradication has been by trapping—so let's talk about the technique.

First, get yourself **two** (not one) Macabee traps. They are available at most hardware stores and farm and garden centers. Be sure to have the salesperson show you how to set the trap—it's tricky.

Next, you must find the main tunnel of the gopher—and here the first important factor comes into play—where is the main tunnel in relation to the burrow or pile of soil on the surface? Take a close look at the pile of soil. It is usually piled in a semi-circular pile around the burrow through which the gopher has brought it to the surface. Measure 9 to 12 inches from the burrow perpendicular to the center of the semi-circle and opposite the pile of soil. Take shovel and dig a hole at this point. The main tunnel is usually found no less than four inches and no more than eighteen inches deep.

Once the main tunnel is found, clean out enough dirt to allow you to place two traps in opposite directions in the tunnel. Place the traps well into the tunnel openings and do not cover the tunnel openings. Instead take a piece of plywood or metal and cover the entire excavation. Use the dirt removed to cover the edges of the hole cover so that all light is excluded. Now wait for results; it usually takes overnight.

I have been about 99% effective in catching gophers by this method. Notice I say only 99% effective because at this moment I am having a running battle with a gopher which has lasted one whole week.

A last bit of advice. When you catch the gopher place his body back in the tunnel and fill in the dirt. The smell of the decaying body will help to keep other gophers from using the tunnel.

Next article we'll take on some of the other garden ogres but meanwhile—happy hunting.

The Carmel Valley Sun
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Valley Sun Foods Co-op Wants New Members

by Kim Gonzales

Although cooperatives, or "co-ops," sometimes grow and thrive as businesses, where all members share profits and losses, and goods and services are sold to non-members, small community co-ops can be effective in administering to the needs of a small group.

Valley Sun Foods in Carmel Valley Village is working hard to fill this bill for its members in the "natural foods" market. They are able to get most products offered in health food stores, including produce and health care products. Established in Aug. 1980 with 15 members, it is now comprised of 30 households who are eagerly recruiting new members to their ranks, extolling the opportunities their organization offers.

The initial reason most become involved are the prices: members pay just wholesale cost plus a small percentage to cover rent, minor losses, and foods on hand available for sale. Such prices bring foods without chemical additives into a competitive market with usual grocery store items. Without such competitive prices, many consumers have been forced to consider natural foods a luxury.

The freshness of goods has also been an exciting surprise, as they don't sit on shelves waiting to be sold. Members order one week, and the following week orders are delivered and divided, then available for pick-up within one or two days.

The co-op belongs to the group, and everyone is responsible for devoting at least three hours monthly to cleaning, ordering, dividing, handling the books, or whatever new projects are underway. The other obligation is to "shopkeep" for three to four hours every other month. Finally, the very direct interaction and shared responsibility have brought together new and old friends in a very healthy involvement.

With the economy and unemployment at the levels they now are, many people are looking for, and finding, alternative methods to use their energy and money most efficiently. Original ideas have often been revolutionary in this quest, but there has also been a revival of traditional solutions, such as bartering and community co-ops, that are workable today because of the great flexibility and unlimited possibilities they offer.

For more information on Valley Sun Foods, contact Meigra Mixter at 659-5108 or Cathy Camp at 659-4874.

New Kids On The Block

Healthy Self-Image

Carmel Valley Resident, Jed Linde M.A., M.F.C.C., has opened his private practice in the Village area for marriage, family, child and individual counseling.

Mr. Linde is the Senior Staff Counselor of a Salinas drug abuse clinic for the Monterey Peninsula Youith Project. He has been employed by the Youth Project for over five years.

The Counseling as Mr. Linde sees it, makes it easier to adapt to changing life situations. He helps clients utilize their own inner resources in relationship to others and to construct a healthy self-image.

Mr. Linde holds a Bachelors Degree in Psychology from the University of the Americas and a Masters Degree from U.W.W./International College. He is a state licensed marriage, family and child counselor.

Clients are seen only by appointment, evenings and weekends. Contact Mr. Linde at 659-4954.

Creative Arts Workshops

A new concept in workshops has begun in the Valley. Two local residents, Marikay Bridges LeValley and Lynn Hayes, are presenting their second one-day workshop entitled "Support and Beyond", Saturday, Feb. 27, at the Carmel Valley Community Center, from 10 a.m.-4 p.m. The enrollment, open to men and women, is limited to 10 and the cost is $35 with lunch included. Using movement, art, writing, and discussion, participants will explore what support (and nurturing) is for them and how they can better give and receive it in their lives. The workshop activities will be relaxed, fun and varied. All those interested in exploring who they are and the role support plays in their lives are welcome.

The first "Support and Beyond" workshop, held last month, was a "joyous, nurturing" day according to its participants. The second one promises to be the same and more.

Marikay and Lynn decided to offer their workshops in the Valley because they felt a need for an integration of the arts in the Valley and they personally liked the idea of staying close to home.

Currently, the facilitators are both teachers at Carmel High School. Marikay specializes in dance and movement, and Lynn in communication and creative arts. Previously, both have taught adults and are now continuing graduate work in creative arts, movement and psychology.

The forerunner of the workshops was a 10 week "Joy of Movement" class offered through Carmel Adult Education last year. Marikay and Lynn pooled years of individual training in their respective fields to provide a varied exploration in movement, art, relaxation, and visualization techniques. The use of all modes of learning was the approach they needed for themselves as learners and they wanted to share that approach with others. This same concept became the basis for the current workshops.

For information on the Feb. 27 workshop or the following ones, please call Marikay Bridges LeValley (408) 659-4457 or Lynn Hayes (408) 659-2066. They would love to have you participate.

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CARMEL VALLEY NATURAL FOOD NEWS

I was pleased with the feedback we received from our last article. I still would like to encourage you to send us a note in the mail, P.O. Box 401, Carmel Valley, or drop one by the store so that we may more personally respond to your interests.

I know that many of us are interested in losing weight. It is obvious that in weight reduction a reduced caloric intake and a certain amount of exercise is necessary. There are some supplements we can take to assist us in the process.

Come in and ask us about lecithin, apple-cider vinegar, B-6, bee pollen, kelp, phenylalanine and herbs. Give your body some support in losing weight without losing your strength and energy.

Here are a couple of recipes which I'm sure you'll enjoy.

The first one is found on the side of the box of Westbrae Stuffing Shells. It's a wonderful cool weather dinner that will please the whole family. I've made it using one-half Tofu and one-half Ricotta in the stuffing.

I always add extra garlic in my cooking. I like the taste and it's said to have important healing qualities. It is said to be nature's antibiotic. It contains the bio-salts flourine, iodine, phosphorus and sulphur. The most famous condiment around the world, garlic is also used for high blood pressure, cramps, liver ailments, sinus trouble, etc. It will also cause the skin to secrete a natural insect repellent.

The Maple-Walnut Pie is from our favorite cookbook, **The Moosewood.** Michelle has made this recipe and she says it's delicious:

WHOLE WHEAT STUFFED SHELLS—
Using Westbrae Natural Shells

Cooking Directions: Plan on about 4 shells per serving. Bring 4 qts. lightly salted water to a racing boil. Slowly add shells and stir once to separate. Boil about 10 minutes. Drain and rinse with warm water.

Recipe: Spinach Stuffing with Cheese or Tofu

About 1 qt. Westbrae Tomato Sauce
24 Westbrae Shells
1 T. Olive Oil
½ Onion, chopped
2 cloves Garlic, minced
½ c. Ricotta cheese (1 lb.) OR
1 lb. well-drained Tofu
1 c. Mozzarella cheese, grated (4 oz.)
2 eggs, lightly beaten
½ c. Parmesan or Romano cheese, grated
½ tsp. salt
1 tsp. basil
Freshly ground black pepper to taste.

Heat olive oil in small skillet. Lightly saute onion and garlic. Add chopped spinach and cook just until wilted. Drain the mixture well, reserving excess liquid to add to the tomatoe sauce. You should have about ¾ c. cooked spinach mixture. Combine the ricotta (OR well-drained Tofu), mozzarella, eggs, half the Parmesan cheese, seasonings and cooked spinach mixture and stir well. Stuff the cooked shells. Pour a small amount of sauce into a 13″ × 8″ baking pan. Arrange the shells in a single layer. Pour the remaining sauce around shells. Sprinkle top with remaining Parmesan cheese. Cover top with foil and bake in preheated 350° oven for about 45 minutes. Remove top and continue to bake about 5 or 10 minutes, until hot and bubbling. Serve immediately. Serves 6.

MAPLE-WALNUT PIE

Preparation time (not including crust-making): 45 minutes, including baking.

Preheat over to 375°.

1 unbaked 9″ pie shell*
4 large eggs
¾ c. real maple syrup
a few squirts fresh lemon juice
dash of cinnamon
¼ c. melted butter
½ tsp. vanilla
½ tsp. salt
2 c. walnut pieces

Beat together everything except walnuts. You can use a blender, wire whisk or electric mixer. Just make sure the mixture is light and smooth. Spread the walnuts into the unbaked crust. Pour the batter over the nuts and bake 30 minutes or until solid. Serve warm or cold, with whipped cream or ice cream.

*Begin pastry for crust several hours earlier. You can use the following recipe or purchase an excellent prepared crust at the Health Food store.

The Crust—1 9″ pie
Cut together 1 c. flour (4/5 white plus 1/5 whole wheat is nice); that's approximate, of course) and 1/3 c. cold butter. Use a pastry cutter or two forks. If butter is unsalted, add ¼ tsp. salt.
When the mixture is uniformly blended, add about 3 tbs. cold buttermilk or water, enough so that mixture holds together enough to form a ball.
Chill the dough at least one hour.

Some of the future articles we're planning to write will be on exercise and natural cosmetics by Bonnie, prenatal health care by Michelle, and allergies by Blair.

This seems to be the season when many people experience a lowered resistance to colds and flu so keep taking those vitamins . . .

Love, Susan

Everything is funny as long as it is happening to someone else. —Will Rogers

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What's Happening With The Chamber

The Carmel Valley Chamber of Commerce is made up of local business people from Highway 1 east to Prince's Camp in the Cachagua-Jamesberg area.

The organization's main emphasis is on service to the community. They accomplish this by publishing a Business Directory that lists, categorizes and advertises local businesses. There is also a visitors brochure published that contains tourist information for the entire Valley area.

To improve the Valley's general appearance, there is an ongoing beautification program. Randy Randazzo, of Carmel Valley Market, spearheaded this program several years ago. He and Jim Miller, of Canary Cottages, personally planted and cared for a long row of oleanders on Via Contenta; they encouraged vacant lots to be cleaned and trees to be planted. Awards were given to businesses who made outstanding improvements in the Village.

Benefits of the Chamber of Commerce are free advertising in northwest publications to entice visitors to spend their vacation dollars here. There are also insurance benefits and various social events—some informative, some fun.

Each year the Chamber presents a "Good Egg" award to an outstanding citizen who has given their time and talents to serve the community.

Those are things the Chamber of Commerce is working on for 1982. This year's executive officers are: President—Dick Krueger, Valley Hardware Store; First Vice President—Lois Lamar, Western Title Co.; Second Vice President—Chuck McKay, McKay's Business Service; Secretary—Jeanelle Kaminski, Carmel Valley Realty; and Treasurer—Jo Lomanto, Bank of America.

If you're interested in what they are doing, the Chamber of Commerce invites you to join them in their efforts. (Check under "Want to Get Involved" column.

Traveling Tales

"Oo La La" was a common expression used by visitors from Papeeti, Tahiti, during their stay in Carmel Valley.

The Vivish's—Mario, Stephanie and Jennifer—stayed with their friend, Donna Hamilton. They were very impressed with the Monterey Peninsula and called it "*Carmel Paradise.*"

Ms. Hamilton was intrigued by the cultural differences they commented on. Everyday things, that we take for granted, were real eye openers for them.

One of their main thrills came from an electric blanket. Another was shopping at various Thrift Stores.

The Vivishs were amazed with the variety of things in the U.S. Mr. Vivish is interested in cars and thought it was great to see so many different ones as they drove about. They enjoyed the television selections available too; they only have one station in Tahiti.

Even our food was intriguing. The Tahitians use mostly chicken, and not as much red meat as we do in meals. Eating Carmel Popcorn for the first time was a delight to them, as was homemade apple pie.

Mrs. Vivish works for the Post Office in Tahiti and thought ours was very nice, but small. She later discovered Post Offices in Carmel, Mouth of the Valley, and Monterey. Her comment changed to "so many Post Office."

The visitors were always early to bed and early to rise for the next days exploring. They have traveled a great deal but have never stayed in the U.S. for any length of time. They have passed through Los Angeles and San Francisco on their way to Europe.

Donna Hamilton has known Stephanie Vivish for some 20 years. They visited whenever Mrs. Hamilton went to Tahiti. This was the first opportunity Mrs. Hamilton had to reciprocate the Tahitian hospitality.

The Tahitians are "wonderfully sentimental," informed Mrs. Hamilton. They cried when they arrived and cried when they left and are indeed looking forward to coming back to Carmel Valley in the future.

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The Senior "Cheerleaders" from left to right, Tony Nonis, Mike La Fantaine, Wes Westcott, Brayn Baldwin and Mike Hardy.

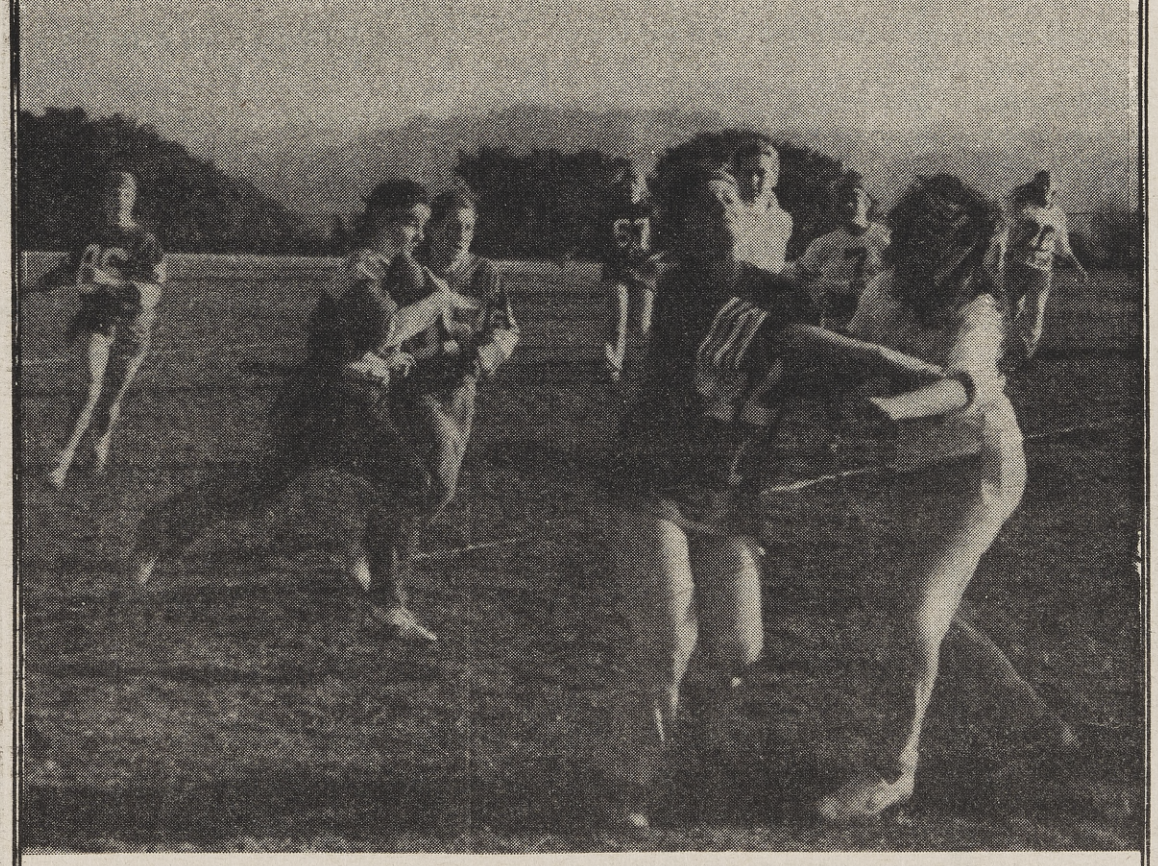
Seniors Defeat Juniors In Powder Puff Game

The Seniors devestated the Juniors with a 22-0 score at the annual Powder Puff game held January 25, at Carmel High.

It was a complete role reversal with boys from the football team dressed up in cheerleading uniforms; and the girls donned the football jerseys.

A King, John Franklin, was selected by the girls. Also chosen was Senior Fox, Brad Langley; Junior Fox, Brad Dufer; Senior Mr. Personality, Mike Vout; and Junior Mr. Personality, John Rudolph.

The girls had to have a certain grade average to be eligible to play. This is the second year in a row the Seniors defeated the Juniors.



Carmel High Seniors making a serious push for the goal line at the Powder Puff Game.

Players Roster

by Kira and Charlotte Garrett

Seniors	Juniors
Barnes, Tammy	Allaire, Cheryl
Bleisner, Janis	Boyd, Beth
Brocchini, Theresa	Conlan, Flo
Chappell, Kristin	Cornford, Cindy
Chatwin, Shelly	Egli, Elizabeth
Childs, Kelly	Falge, Katie
Colvin, Mary	Gonet, Jolanta
De Witt, Jane	Garrett, Charlotte
Di Mercurio, Angelie	Heffes, Michele
Edmonds, Karen	Husby, Lisa
England, Kim	Kelly, Rani
Friday, Jymi	Novalenko, Stephanie
Garrett, Kira	Lee, Sandra
Goetz, Laura	Littell, Lendy
Hicks, Sarah	Lord, Pan
Jacinto, Judith	Maloney, Cynthia
Kelly, Aileen	Mackusick, Maureen
Kittleson, Kaaren	McCreery, Ann
Loder, Kirsten	McKay, Daun
March, Mellisa	Miller, Sharon
Marchese, Michele	Mitchell, Melissa
Miller, Rene	Murry, Beth
Mink, Jody	Palma, Lisa
Nichols, Miche	Patrick, Kim
Nolte, Laurie	Radowicz, Tanya
Peavey, Margaret	Reopenning, Katie
Powers, Heather	Richardson, Tammy
Rappa, Nicole	Riggenbach, Kerstion
Rozell, Brenna	Schliecher, Nina
Sherar, Mardy	Sheckler, Kristen
Smelser, Mary	Spieser, Tara
Stotler, Janet	Stevenson, Sara
Upham, Mark	Tarozzi, Kristine
Wagstaff, Wendy	Wallace, Sandy
Washington, Elaine	Warner, Kathryn
Winslow, Melissa	Wilson, Cindy
Stevenson, Mary	Zeleny, Indi
Coaches:	**Coaches:**
Franklin, John	Earsley, Gene
Arana, Marcus	Murphy, Mike
Daughters, Gary	Dills, Chris
Lindsay, John	Kettlekamp, Bill
Negri, Mike	Williams, Mike
Vout, Mike	Romis, Chris
Michele, Chris	

It was a flag football game but there were times when the girls seemed to forget that.

WHERE THERE'S SMOKE . . .

BY: Carmel Valley Fire Dept. Staff

WHY CPR?

Two decades have passed since the introduction of the basic techniques of Cardiopulmonary Resuscitation, better known simply as CPR, and statistics gathered are both discouraging and encouraging. Unfortunately, heart disease still ranks among the big killers in our country, with over 650,000 individuals dying from heart attacks yearly. The encouraging news is that it can be shown that over 40% of these victims can be successfully resuscitated if CPR is begun promptly and correctly.

The key to this potential for "saves" lies in the words promptly and correctly. Promptly means that a non-breathing person suffers irreversible brain damage if left unoxygenated for longer than 4-6 minutes. Correclty means that rescue breathing must be adequate and chest compression effective. CPR training provides you with the skill and knowledge necessary to recognize cardiac problems immediately and to perform the needed steps of CPR promptly and effectively. Ideally, basic life support can begin within a few seconds after you become aware of its need. You have the tools—your mouth, your hands, and a sincere desire to save a life.

The Carmel Valley Fire Department is offering instruction in CPR to anyone interested in learning these basic life support techniques. You are invited to call at 659-2021 or stop by the fire station on Via Contenta in the Village for the times and dates of the next courses.

Other organizations in the area that offer excellent CPR instruction are the Mid-Carmel Valley Fire Department at 624-5907, the American Red Cross Chapter House in Carmel at 624-6921, and the American Heart Association in Salinas at 757-6221.

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New Officers— New Rules

Actions taken at the January 29 meeting of the Carmel Valley Village Improvement Committee were to establish the credentials and validity of the organization.

• Officers for 1982 were elected. Roger Williams was installed as Chairman selected as Vice Chairman was Randy Randazzo, Peter Coakley will serve as Treasurer, and Virginia Rugg was elected Secretary. The officers terms are for one year.

• By-laws were approved. "We will be in the process of obtaining incorporation as a non-profit organization within the next month or so," reported Mr. Williams.

• An advisory committee of various professionals was proposed. Asked to serve on the committee are Gary Varga, County Planning Commission; Fifth District Supervisor, William Peters Michael Johnson, Local Agency Formation Commission (LAFCO); and Robert Held, Carmel Valley Fire Chief.

• An eight member committee for street lighting was appointed. The committee will be headed by Peter Coakley.

The meeting was held at Los Laureles Lodge. A monthly meeting date has not yet been decided.

•

It's Never Too Late To Say Thanks

At the time of the Carmel Valley Community Chapel Guild Bazaar there was not an appropriate way for Co-chairmen, Marjorie McKiernana and Donna Hamilton to announce their appreciation.

They would now like to take this opportunity to thank the ladies, and their spouses, that worked hard to make the event successful. Appreciation also goes to the Monterey Peninsula residents who supported the effort.

The Bazaar was held December 5, at the Carmel Valley Community Chapel. Proceeds from the event were used for missions, needy families, Church expenses and the pre-school nursery.

* * * * * *

Additional recognition goes to the ladies who ran the booth at the La Playa Hotel, Christmas by the Sea Bazaar.

Rusty Davis received "Best in Show" for a handmade afghan. Her prize money, plus the sale of the afghan brought over $500 to the Church fund.

Nellie Mirani and Ann Werdelman designed and ran the booth for the Bazaar.

•

A fanatic is one who can't change his mind and won't change the subject.
—Attr. to Winston Churchill

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After three days men grow weary of a wench, a guest, and rainy weather. — Benjamin Franklin.

Tired of Talking?

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•

For further information regarding individual and group sessions, contact Janet at 659-5118. Plaza Linda Building, Room 3-U.

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Out Our Way

Move Over Pet Rock We Now Have "Tax" Shelters

Surely everyone remembers the "pet rock" phenomenon a few years back? Well now there is another trend setter seeking it's way to the market. It's called a "tax" shelter.

The "tax" shelter is an item available at the Last Chance For Romance in the Village Shopping Center. For just a few dollars you can become a braggart about investing in a "tax" shelter.

It isn't the same type of shelter you'd expect an accountant to be looking for and it doesn't take mega bucks either. Peaked your curiosity? Just go to the Last Chance and look for a small wooden root suspended over a group of carpet tacks and, there you have it, the most affordable "tax" shelter around.

Jim McCommom, a former Valley teacher, produces the "tax" shelters. They got to the Valley when he made several for long time resident Willie Belle Mason—who McCommom reports is his favorite mother-in-law. Ms. Mason turned the extras over to Mary Laird, Last Chance owner, to see how they would do in the shop. At last report they were selling really well.

Mr. McCommom makes the shelters as a hobby. He enjoys working with wood. Besides the "tax" shelters, he makes belt buckles by glueing small strips of wood together. He is presently employed as a high school science teacher and lives in the San Jose area.

Birthday Abundance

Little Angel Cabral will long remember her third birthday, but then so will the adults who got to meet Nick Nolte the movie star there.

The party was filled with fun and games for the children and ended with the special guest arriving with a friend of the Cabral family.

The party was hosted at Grandma Donna Hamilton's home. A Keystone Cop named T-Bear entertained the children with animals and flowers made out of balloons. Natasia Hurt brought her horse Tulie and took the children for rides.

The guests included Marlo and Brandon Milligan, Marion and Clinton Zoebul, Jacob Saxton, Mike Holler, Natasia Hurt, Nellie Thorngate-Keel, Jennifer Jones, Christian Mendez and Tito Allola.

Adults attending were Art Cabral, Cindy Milliza, Charlene Holler, Judith Hurt, Ruby Golden and daughter Heather, Ondina Bartoli, Chata Ortiz, Dennis Thugh and Dorothe Smiljanic. Jesse Paredes photographed the event.

Shower Time

Gossip and jokes (not repeatable, according to Frances Wright) prevailed at a baby shower held January 26 for Sue Wright.

The shower was from 7-9 p.m. at Frances Wright's home. She and her daughter, Judy, were co-hostesses.

Attending the shower were Vicki Harber, Dici Harber, Kathie McCrary, Marie Tedrow, Sarah Ogburn, Barbara Weymeyer and Ginnie Bosso.

The mother-to-be received mostly baby blankets—"the beutiful hand made ones from Ahoy There," reported Frances Wright.

Judy Wright was in charge of refreshments and served her favorite—Champagne Punch.

The baby is expected any day and could be here by time this is printed.

Editors Note: The baby is here! Born Feb 9th! Six pounds, 11 oz. Allan Lance Wright and Mom are doing fine! Congs

Joined Together

I Do's were exchanged by David Pfaff and Liane Wilder on February 4.

The Wedding was held at the home of Brenda and Jim Shakal—friends of the bride for over 12 years. Their La Rancharia home was chosen for its view overlooking Garland Ranch.

Wedding attendants included Matron of Honor, Sue Giem; flower girl, Lindsey Wilder (the bride's daughter); and Best Man, Rusty Kunz (the bride's brother). Judge Ralph Drummond of Monterey Superior Court performed the ceremony. The bride's father Karl Kunz caught the bridal bouquet.

The couple met in 1977 at Carmel Valley Ranch where Pfaff was the golf course architect. They became officially engaged at Christmas.

Friends from Carmel Valley Ranch and the Valley were at the ceremony. Ms. Wilder's family has lived in the Valley since 1962. The couple has recently moved to Palm Desert.

•

FOR YOUR ENJOYMENT

Carmel Valley Library
Movie Schedule
All films begin at 7:30 p.m.
Admission is $1.50 for adults
$1.00 for children under 12
Kit Parker Contributes
The Films
February 26—You'll Never Get Rich
March 12—The Red Pony
Cartoons: The Emporers New Clothes
and Gerald McBoing-Boing

* * * * * *

Carmel Valley Community Youth Center
Auction d'Elegance
March 20, 1982 7-10 p.m.
Hidden Valley Music Seminars
Admission—$7.50

* * * * * *

Creative Workshop
February 27, 10 a.m.-4 p.m.
Carmel Valley Community Youth Center
Fee Involved

* * * * * *

Country Western Dinner Dance
February 20, 6:30 p.m.
Trail & Saddle Club
Donation $10.00

* * * * * *

Maui Trip Drawing
March 6, 5-7 p.m.
Trail & Saddle Club

Food And "Down Home" Dancing

Cachagua Volunteer Fire Dept. will hold its Second Annual Country and Western Dinner Dance, February 20, at the Carmel Valley Trail and Saddle Club.

Southern fried chicken with all the fixings will be served from 7 to 9 p.m. Drinks are extra.

A special feature of "down home," dancing will be at 8 p.m. There will also be many door prizes presented.

J. Mike Noonan and Cimmaron will play from 9 p.m. to 1 a.m. Donation of $10 per person can be made at the door.

Doors open at 6:30 p.m.

• • •

The optimist proclaim that we live in the best of all possible worlds, and the pessimist fears this is true. —James Branch Cahill

Learning About Learning

"What did you learn in school today," is a question asked by many parents. At the Education Faire on February 10, parents had the opportunity to learn first hand what their children are doing in school.

All the classrooms were open for parents to see and participate in demonstrations of the educational programs at Tularcitos. There were math and language lessons, demonstrations in art, spelling programs, dancing demonstrations, creative writing and coordination activities. There were also Speech Therapy and Hearing Impaired demonstrations.

Instructors were available for questions and comments. Library materials were also on display.

Refreshments donated by Tularcitos Parent Club were served in the Multi-Purpose Room.

The program was sponsored by Tularcitos School Site Council.

Carmel Valley Sun

The Colorado Supreme Court asked Lawyers to improve their writing, use plain English, and make their legal briefs as short as possible.

The court made the request in an eight-page memorandum totaling approximately 4,200 words. August Writer's Digest

•

Reader, suppose you were an idiot. And suppose you are a member of Congress. But I repeat myself. —Mark Twain.

•

Soap and education are not as sudden as a massacre, but they are more deadly in the long run. —Mark Twain

•

Pascal said that most of the disorders and evils in life are the result of man's inability to sit still and think.

•

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Right For The Job

The say the third time's the charm, but it was more than "charm" that promoted Dan Guice to Chief of the Mid Carmel Valley Fire Prevention District (MCVFPD).

Guice returned to the MCVFPD for the third time to accept the promotion to Chief. He has fully prepared himself to fill the position left by the resignation of Chief Ron Ziese.

For 26, Guice has a substantial list of accomplishments. He has an AS in Fire Science from Monterey Peninsula College; holds a limited service teaching credential for Fire Science with the California Community College System. Chief Guice is a CPR instructor for the American Heart Association and has been an Emergency Medical Technician since 1977.

Guice has been active in the Local Training Officers Association. He developed and implemented the MCVFPD training manual and emergency first responder program. He also developed their program teaching basic first aid and CPR to the public.

As Chief, Guice supervises 5 paid personnel and 25 volunteer firefighters. He maintains his membership in the Mid Valley Volunteers and keeps up to date with courses from California Fire Service Academy at Asilomar.

Guice originally began with the MCVFPD as an engineer. He left temporarily to work for the Department of Forestry but returned for a Captain's position. To gain experience as a firefighter, he transferred to Modesto and again returned for his promotion to Chief.

•

Though familiarity may not breed contempt, it takes the edge off admiration. — William Hazlitt.

•

A Fond Adieu

Mid Carmel Valley Fire Prevention District (MCVFPD) bid farewell to resigning chief, Ron Zeise, at a party in his honor held at Carmel Valley Golf and Country Club January 22.

The event was attended by 127 guests, friends, neighbors, and co-workers. Speakers fondly reviewed Chief Zeise's achievements and contributions to the community. He was presented with a certificate of appreciation for valuable service. Fran Zeise received a standing ovation because of her support. "The whole evening was very emotional," reported Sydney Reade, Mid Valley Fire Dept. receptionist.

Chief Zeise has been with the MCVFPD just short of five years. He previously served as Captain in Pacific Grove. His career began as a firefighter 19 years ago.

Involvement in the community for Chief Zeise included the American Heart Association, Meals on Wheels, and Kiwanis. He is a recipient of the Chamber of Commerce "Good Egg" award.

The Zeise family—Ron, Fran, Jason and Bret—are moving to Sacramento. Mrs. Zeise, employed with First Interstate Bank, received a promotion and transfer. Chief Zeies's plans are to go back to school.

Presiding over the speakers was Ed Haber, Fire Dept. Board of Directors Chairman. Speakers included Skip Marquard, MCVFPD past Chairman; Ann McGowan, Chairman Central Mission Trails Chapter of American Heart Association; Bob Heald, representing Monterey County Fire Chiefs Association; Bob Rice, Mid Valley Volunteers; Jim Ringrose, Monterey County Health Dept.; Michael Johnson, Local Agency Formation Commission; Jim Caldwell, Monterey Peninsula College; Ken Bradford, on behalf of Monterey County Sheriffs Dept. and Rescue Squad; Jim McPharlen, Ca. Dept. of Forestry; and Herb Sherman spoke on behalf of friends.

•

Ron Zeise is bidding Farewell as Mid Valley Fire Department Chief. Don Guice has been promoted to fill the opening.

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Want To Get Involved

Carmel Rancho Lions Club
First and Third Wed., 8 a.m.
Rio Rd., Holiday Inn

• • • • •

Carmel River Watch
First Thursday of Month.
March 4, 7:30 p.m.
Carmelo School

• • • • •

C.V. Community Board of Directors
Feb. 24, 8 p.m.
Community Center

• • • • •

C.V. Community Chapel
Sunday Service 11 a.m.
Sunday School & Nursery available
Bible Studies Wed., 10 a.m.
Fidelity Club, Thurs., 6 p.m.
Chapel Guild, 2nd Wed. 12:15 p.m.

• • • • •

C.V. Chamber of Commerce
Board meets last Wed. of Month
general meetings vary
call 659-4000 or 625-1200
for meeting dates, place and time.

• • • • •

C.V. Garden Club
March 11, 8 p.m.
Hidden Valley Music Seminars

• • • • •

C.V. Kiwanis
Tuesdays, 12 noon
Hidden Valley Music Seminars

• • • • •

C.V.P.O.A.
Second Wed., 7:30 p.m.
Mid Valley Fire Station

• • • • •

C.V. Womens Club
First Wed., 12 noon
meeting place varies.

• • • • •

County Board of Supervisors
Tuesdays, 10 a.m.
Supervisors Chambers, Salinas

• • • • •

Tularcitos Parents Club
Third Thursday of month, 7:30 p.m.
Tularcitos School Room 9

• • • • •

Community Service Announcement

Judge Richard Silver will moderate a six-member professional panel discussing "The Jewish Family in the 1980's" at the monthly meeting of the Jewish Mens' Club of the Monterey Peninsula, on Tuesday, February 23, at 8:00 p.m.

Featured on the panel will be Lois Epel, Cari Glass, Rabbi Mark Gross, Dr. Friedy Heisler, Irwin Koppel, and Sylvia Krimsley, all area professionals involved in mental health and family life. The program will be held at Congregation Beth Israel, at the corner of First Street and Park Avenue in Monterey. Guests are invited and welcome. For more information contact Ron Wolf at 484-9951.

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The deadline for the next issue is March 8.
The next issue will be distributed March 19.

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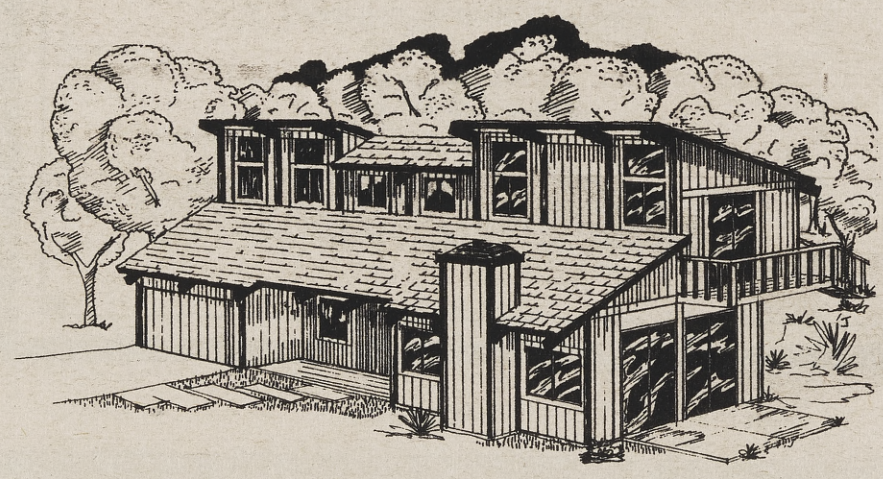

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